



Moreland-West San José Community Center

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Supervisor: Mary O'Meara

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Bus Line: 26

Types of Programs: Fee classes, open gym badminton, special events, wheelchair sports, and youth programs.

Mail registration to: P.O. Box 10234, San José 95157-1234

ARTS & CRAFTS

Art Club \$78

Children will have fun learning how to draw, paint, and create art sculptures and collages. Main focus will be on self-expression, how to use different art materials, and use of their imagination. Children will learn how to mix colors, increase their understanding of brush control, and develop sketching techniques. Location: Moreland-West Rm1.

No class: 3/31

Instructor: Morgan

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.101	W	1/21-2/25	3:30-5:30pm	6-8	6	MW
294.3.102	Th	1/22-2/26	3:30-5:30pm	8-10	6	MW
294.3.151	W	3/10-4/21	3:30-5:30pm	6-8	6	MW
294.3.152	Th	3/11-4/15	3:30-5:30pm	8-10	6	MW

Art at the Park – Mommy and Me \$56

Come play and make new friends! Join us for a fun-filled hour of art, crafts, music and movement. This parent/child class emphasizes pre-socialization skills, creativity, and circle time activities such as songs, stories, and listening games. Parental attendance is mandatory during each class. Child and parent should wear clothes appropriate for art making and movement activities. Location: Starbird Rm1.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.121	T	1/20-2/24	9-9:45am	18-36m	6	SB
294.3.122	T	1/20-2/24	10-10:45am	18-36m	6	SB
294.3.123	Th	1/22-2/26	11-11:45am	18-36m	6	SB
294.3.161	T	3/9-4/13	9-9:45am	18-36m	6	SB
294.3.162	T	3/9-4/13	10-10:45am	18-36m	6	SB
294.3.163	Th	3/11-4/15	11-11:45am	18-36m	6	SB

Don't Miss Out!

Register early because a class may be cancelled if it does not meet the minimum enrollment.

Art Time \$56

Explore, experiment and create beautiful, fun works of art of their own creation. Kids will utilize various art materials, media and methods. Painting, drawing, sculpting, gluing, cutting are just a few. Parent attendance is mandatory for 2-3 year old classes.

Location: San Tomas Rm1.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.124	Sa	1/24-2/28	9-10am	4-5	6	ST
294.3.125	Sa	1/24-2/28	10-11am	2-3	6	ST
294.3.126	Sa	1/24-2/28	11am-12am	3-5	6	ST
294.3.164	Sa	3/6-4/10	9-10am	4-5	6	ST
294.3.165	Sa	3/6-4/10	10-11am	2-3	6	ST
294.3.166	Sa	3/6-4/10	11am-12pm	3-5	6	ST

Drawing/Cartooning \$58

This class will teach the elements of telling stories with pictures. Students will learn basic cartooning, drawing, painting, and storytelling. They will get to write, draw, paint, and publish their own comic books. Children will have fun expanding their imagination. Location: Moreland-West Rm1.

No class: 2/16

Instructor: Tomasi

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.103	T	1/20-3/9	3:30-4:30pm	8-10	6	MW
294.3.153	T	1/20-3/9	4:30-5:30pm	10-15	6	MW

Location: Starbird Rm1.

Instructor: Tomasi

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.104	Th	1/22-3/11	3:30-4:30pm	8-10	8	SB
294.3.154	Th	1/22-3/11	4:45-5:45pm	10-15	8	SB

Ikebana and Western Style Floral Design \$58

Stop and smell the roses! Come learn the art of flower arranging for the home and office. Create special designs for the seasons of the year! Utilize your own garden plants, flowers and trees or purchase your favorite cut flowers and plants if you choose. Join this relaxing class and take the time to create beautiful arrangements, and of course...to smell the roses! Location: Moreland-West Rm1.

No class: 2/16

Instructor: Heimans

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.105	T	2/3-3/9	9:30am-12pm	18+	6	MW
294.3.106	T	2/3-3/9	7-9:30pm	18+	6	MW
294.3.155	T	3/16-4/20	9:30am-12pm	18+	6	MW
294.3.156	T	3/16-4/20	7-9:30pm	18+	6	MW

Oil Painting for Youth \$78

Learn how to paint with oil, a great medium that can be so much fun! When classes are over, you will have a great masterpiece that you can show off at home! If you don't already have oil painting supplies, add a supply fee of \$20 to the class fee. Location: Moreland-West Rm3

No class: 2/16

Instructor: DeSilva

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.107	M	1/26-3/8	4:30-6pm	11-17	6	MW
294.3.157	M	3/22-4/26	4:30-6pm	11-17	6	MW



ARTS & CRAFTS

Oil Painting for Adults

\$88

Learn how to paint with oil, a great medium that can be so much fun! When classes are over, you will have a great masterpiece that you can show off at home! If you don't already have oil painting supplies, add a supply fee of \$20 to the class fee. Location: Moreland-West Rm3

No class: 3/31

Instructor: DeSilva

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.108	W	1/21-3/10	7-9pm	18+	6	MW
294.3.158	W	3/10-4/21	7-9pm	18+	6	MW

Stained Glass

\$88

Learn to transform pieces of glass into works of art! In this class you will learn to cut, foil and solder the glass into a beautiful window. If you know the basics, we can take your skill to the next level. Beginning and intermediate students are encouraged to sign-up for this class. Instructor will inform you about supplies needed at the first class. Location: Castro Rm J3

Instructor: Erickson

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.109	T	1/20-2/24	7-9pm	18+	6	CAS
294.3.159	T	3/9-4/13	7-9pm	18+	6	CAS

**Would you like
the Citywide
Activity Guide
mailed to
your home?**

The subscription fee
for 1-year delivery is \$10.
Sign up on the
registration form.



DANCE

Wear loose, comfortable active wear or dance outfits, socks, and sneakers, tap shoes, or ballet shoes as needed. Bring a bottle of water to class. No experience required. Parents are welcome to attend the first 15 minutes of the first class, and the recital on the last day of class only.

Ballet

\$48

Come join the fun! A joyful introduction to ballet for boys and girls. Learn ballet positions, steps and centre work. Student will express themselves through basic ballet moves with the use of ribbons and scarves. Ballet shoes are recommended. Location: Moreland-West Rm2.

Instructor: Bamberger

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.205	Th	1/22-2/26	3-3:45pm	3-5	6	MW
294.3.206	Th	1/22-2/26	4-4:45pm	6-8	6	MW
294.3.207	Th	1/22-2/26	5-6pm	9-12	6	MW
294.3.255	Th	3/9-4/13	3-3:45pm	3-5	6	MW
294.3.256	Th	3/9-4/13	4-4:45pm	6-8	6	MW
294.3.257	Th	3/9-4/13	5-6pm	9-12	6	MW

No Class 3/31

Instructor: Elliott

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.208	W	1/21-2/25	3:45-4:30pm	3-5	6	MW
294.3.209	W	1/21-2/25	4:40-5:25pm	6-8	6	MW
294.3.210	W	1/21-2/25	5:35-6:33pm	9-13	6	MW
294.3.258	W	3/10-4/14	3:45-4:30pm	3-5	6	MW
294.3.259	W	3/10-4/21	4:40-5:25pm	6-8	6	MW
294.3.260	W	3/10-4/21	5:35-6:35pm	9-13	6	MW

Ballet/Tap/Tumbling

\$48

Come join the fun! A joyful introduction to tap, ballet and tumbling. Learn ballet positions and tap routines using basic steps and have lots of fun developing coordination and a sense of rhythm. Tumbling is used for flexibility. Ballet and tap shoes are recommended. Location: Starbird Rm1.

Instructor: Elliott

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.211	M	1/26-3/8	11-11:50am	3-4	6	SB
294.3.212	M	1/26-3/8	12-12:50pm	4-6	6	SB
294.3.213	M	1/26-3/8	1-1:50pm	3-4	6	SB
294.3.214	F	1/23-2/27	9-9:45am	3-5	6	SB
294.3.215	F	1/23-2/27	10-10:45am	2-3	6	SB
294.3.261	M	3/15-4/19	11-11:50am	3-4	6	SB
294.3.262	M	3/15-4/19	12-12:50pm	4-6	6	SB
294.3.263	M	3/15-4/19	1-1:50pm	3-4	6	SB
294.3.264	F	3/12-4/16	4:40-5:25pm	3-5	6	SB
294.3.265	F	3/12-4/16	4-4:45pm	2-3	6	SB

Location: Moreland-West Rm2

Instructor: Elliott

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.216	T	1/20-2/24	3:30-4:30pm	4-6	6	MW
294.3.266	T	3/9-4/13	3:30-4:30pm	4-6	6	MW



DANCE

Ballet/Tap \$48

Beginning lessons for ballet/tap. Students must wear hard soled shoes and loose clothing or leotard. Parents are allowed to stay for the first 10 minutes of the first day of class and for the class recital. Participants must be toilet trained. Location: Starbird Rm1.

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.230	T	1/20-3/9	11:30am-12:30pm	3-5	8	SB

Ballet/Tap \$48

Just the right dance class for you! A joyful introduction to ballet and tap for boys and girls. Learn dance warm-up stretches, ballet positions, tap routines using basic steps and have lots of fun while developing coordination and a sense of rhythm. Dance props will be utilized for self expression. Black tap shoes, pink ballet slippers (girls) black (boys) and appropriate dance attire is required. Location: Moreland-West Rm2.

Instructor: Bamberger

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.232	T	1/20-2/24	1:45-2:45pm	4-6	6	MW
294.3.233	Th	1/22-2/26	1:45-2:45pm	4-6	6	MW
294.3.281	T	3/9-4/13	1:45-2:45pm	4-6	6	MW
294.3.282	Th	3/11-4/15	1:45-2:45pm	4-6	6	MW

Cheerleading \$48

Children will learn cheerleading moves, routines and cheers. This class will help children gain self-esteem while having fun learning. This class is designed to teach beginners the basics and improve the skills of those more advanced. Location: Starbird Rm1.

Instructor: TBA

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.240	F	1/23-3/12	3:15-4:10pm	8-12	8	SB

Cheerleading \$48

Cheerleading is for all ages! Learn basic cheerleading movement, techniques and cheers. No experience necessary. Come, join the fun of cheerleading! Wear comfortable attire, jazz shoes or tennis shoes. Location: Starbird Rm1.

Instructor: Elliott

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.219	F	1/23-2/27	3:15-4:10pm	8-12	6	SB
294.3.221	F	1/23-2/27	4:15-5:10pm	8-12	6	SB
294.3.269	F	3/12-4/16	3:15-4:10pm	8-12	6	SB
294.3.271	F	3/12-4/16	4:15-5:10pm	8-12	6	SB

Location: Moreland-West Rm2

Instructor: Elliott

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.222	T	1/20-2/24	4:45-5:45pm	8-12	6	MW
294.3.272	T	3/9-4/13	4:45-5:45pm	8-12	6	MW
294.3.218	T	1/20-2/24	4:45-5:45pm	8-12	6	MW
294.3.268	T	1/20-2/24	4:45-5:45pm	8-12	6	MW

Creative Dance \$48

Energy and creativity required! Creative dance for ages 2-3 will be a class of exploration of movement and music for children. Location: Starbird Rm1.

No Class: 2/16

Instructor: Elloitt

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.223	M	1/26-3/8	10-10:45am	2-3	6	SB
294.3.273	M	3/15-4/21	10-10:45am	2-3	6	SB

Fun Time Dancing \$48

Allow your child the opportunity to use their imagination and learn to explore the world of dance through fun games and movements. Through the use of scarves, tambourines and other props they will learn to express themselves through dance. Location: Moreland-West Rm2.

Instructor: Bamberger

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.203	T	1/20-2/24	12:45-1:30pm	3-5	6	MW
294.3.204	Th	1/22-2/26	12:45-1:30pm	3-5	6	MW
294.3.253	T	3/9-4/13	12:45-1:30pm	3-5	6	MW
294.3.254	Th	3/11-4/15	12:45-1:30pm	3-5	6	MW

Hip Hop -Beg./Intermediate \$48

Get the moves! A hip introduction to hip hop dance for boys and girls. Learn latest and coolest moves. Students will practice and learn various routines and dance techniques. Tennis shoes are recommended. Location: Moreland-West Rm2.

Instructor: Tsubahara

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.224	W	1/21-3/10	1:30-2:30pm	11-16	8	MW
294.3.274	W	1/21-3/10	2:30-3:30pm	12-18	8	MW

No class: 2/16, 3/31

Instructor: Elliott

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.225	M	1/26-3/8	6-7pm	15+	6	MW
294.3.226	M	1/26-3/8	6-7pm	15+	6	MW
294.3.275	M	3/15-4/21	4:45-5:45pm	8-14	6	MW
294.3.276	M	3/15-4/21	4:45-5:45pm	8-14	6	MW

Little Tot Dance \$48

First time offered! Dance for 2-3 year olds. Dance class provides a fun social introduction to basic tap and ballet dance for toddlers. Young beginners will learn dance fundamentals. Location: Starbird Rm1.

Instructor: Elliott

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.227	F	1/23-2/27	9-9:45am	2-3	6	SB
294.3.277	F	3/12-4/16	9-9:45am	2-3	6	SB

The date, time and location of activities published are correct at the time of publication. Due to unforeseen circumstances the information published may change.

DANCE**Mommy and Me \$48**

"Look at what I can do, Mommy!" Bring your little one and learn fun ways to dance with them. Together you will be learning simple movements to fun children's music and play creative games through fun games and movements using scarves, tambourines, and other props with which they will learn to express themselves. Location: Moreland-West Rm2.

Instructor: Bamberger

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.201	T	1/20-2/24	11:30-12:30pm	18-36m	6	MW
294.3.202	Th	1/22-2/26	11:30-12:30pm	18-36m	6	MW
294.3.251	T	3/9-4/13	11:30-12:30pm	18-36m	6	MW
294.3.252	Th	3/11-4/15	11:30-12:30pm	18-36m	6	MW

Tap Dance \$48

Get those toes tapping! Get rhythm! Class is designed for both girls and boys to participate. Basic Classic and rhythmic tapping techniques will be taught. Location: Starbird Rm1.

Instructor: Elloit

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.228	F	1/23-2/27	10-10:45am	9-12	6	SB
294.3.278	F	3/12-4/16	10-10:45am	9-12	6	SB

Adult Tap I \$48

What better way to have fun while exercising! Teach your feet how to move to the beat. The class will cover basic tap dancing technique and all of your new steps will be incorporated into a fun dance routine. If you have had prior dance experience or have never danced before, you will enjoy this class. Tap shoes are required. Location: Moreland-West Rm3.

No Class: 2/16, 3/29

Instructor: Elliott

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.229	T	1/27-3/9	6:30-7:30pm	18+	6	MW
294.3.279	T	3/16-4/27	6:30-7:30pm	18+	6	MW

Adult Tap II \$48

No Class: 2/16, 3/29

Instructor: Elliott

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.231	T	1/27-3/9	7:45-8:45pm	18+	6	MW
294.3.287	T	3/16-4/27	7:45-8:45pm	18+	6	MW
294.3.288	F	3/12-4/16	11:30-1pm	18+	6	MW

Ballroom Social Dance \$48

Come join this one hour class to learn the basics of social dance. You'll learn the Foxtrot, Waltz, Cha Cha, and much more! Join and meet your friends and neighbors and learn to dance! Class is for singles and couples and will rotate partners throughout the hour. Location: Moreland-West Rm2.

No class: 2/16

Instructor: Taghipour

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.236	M	1/26-3/8	8:30-9:30pm	18+	6	MW
294.3.286	M	3/15-4/19	8:30-9:30pm	18+	6	MW

Country Line Dance \$48

Reduce stress by relaxing and having fun learning how to line dance. Come join our instructor and his/her Country Line Dancers. Location: Moreland-West Rm2.

Instructor: Muscolo

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.234	T	1/20-2/24	7:30-9pm	18+	6	MW
294.3.235	F	1/23-2/27	11:30am-1pm	18+	6	MW
294.3.284	T	3/9-4/13	7:30-9pm	18+	6	MW
294.3.285	F	3/12-4/16	11:30am-1pm	18+	6	MW

Salsa Dance \$48

Salsa is the hottest Latin dance in the nightclubs today. Join this high-energy class, socialize, and have lots of fun. All the basics will be covered: Salsa rhythm, footwork, leading, following, patterns, shine steps, and pattern combinations. Come as a couple or alone; we will change partners periodically. Location: Moreland-West Rm2.

No class: 2/16, 3/31

Instructor: Taghipour

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.238	M	1/26-3/8	7:15-8:15pm	18+	6	MW
294.3.288	M	3/15-4/19	7:15-8:15pm	18+	6	MW

EARLY CHILDHOOD RECREATION

Please read the ECR Policy on page 14.

KinderTots \$178

This class emphasizes age appropriate activities, which may include crafts, stories, drama, music, and games used to develop socialization skills, hand/eye coordination, and motor skills. Children should have a general understanding of their numbers and letters, so that these skills can be improved, however the emphasis of the class is on fun. Child must be toilet trained. Location: Calabazas Rm1.

No class: 2/16, 3/31

Instructor: Howser

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.324	M/W/F	1/21-2/27	9am-12pm	4-5	16	CB
294.3.364	M/W/F	3/3-4/9	9am-12pm	4-5	16	CB

Instructor: Kyrekopoulos

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.325	M/W/F	1/21-2/27	12:30-3:30pm	4-5	16	CB
294.3.365	M/W/F	3/3-4/9	12:30-3:30pm	4-5	16	CB

Munchkin Tots \$158

Introduce your child to new friendships, new concepts and lots of new fun! Weekly themes will be explored through various arts and crafts, stories, songs, games, lots of learning activities and age appropriate learning concepts. Child must be completely toilet trained, and able to participate for the whole class time. Parents are an important part of this program and are required to participate and provide snacks in the class at least two times during the session. Location: San Tomas Rm1.

No class: 2/16

Instructors: Galeon/Thornton

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.323	T/Th	1/20-2/26	9-11:30am	3-4	12	ST
294.3.363	T/Th	3/2-4/8	12:30-3pm	3-4	12	ST

EARLY CHILDHOOD RECREATION

Kinder Munchkin \$178

What better way for you to introduce your child to new friends, learning concepts and socialization with their neighborhood peers. Weekly themes will be explored through various arts and crafts, stories, songs, games, lots of learning activities and age appropriate learning concepts. Child must be completely toilet trained, and able to participate for the whole class time. Parents are an important part of this program and are required to participate and provide snacks in the class at least two times during the session. Location: San Tomas Rm1.

No class: 1/19, 2/16, 3/31

Instructors: Galeon/Thornton

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.322	M/W/F	1/21-2/27	8:45-11:45am	4-5	16	ST
294.3.362	M/W/F	3/3-4/9	12:45-3:45pm	4-5	16	ST

Tiny Tots \$158

This class will help your child prepare for preschool and kindergarten. Classes are designed to promote independence, and improve social, cognitive, and movement skills. Activities include crafts, stories, playtime and simple learning concepts. Child must be toilet trained. Location: Calabazas Rm1.

No class: 2/16, 3/31

Instructor: Howser

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.326	T/Th	1/20-2/26	9-11:30am	3-4	10	CB
294.3.366	T/Th	3/2-4/8	9-11:30am	3-4	10	CB

Tiny Tots \$158

Instructor: Kyrekopoulos

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.327	T/Th	1/20-2/26	12:30-3pm	3-4	10	CB
294.3.367	T/Th	3/2-4/8	12:30-3pm	3-4	10	CB

Tot Fun Kids \$98

What better way for your child to have fun and socialize with other children their age? With various arts and crafts, stories, and songs, and games, lots of FUN! Child must be completely potty trained, and able to participate for the whole class time. Child must be 2 years 8 months by the start of the session. Parents are an important part of this program and are required to provide snacks in the class one or two times during the session. Location: Moreland-West Rm2.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.321	T/Th	1/20-2/26	9-11:30am	2.8-4	12	MW
294.3.361	T/Th	3/9-4/15	9-11:30am	2.8-4	12	MW

Tot Yoga \$56

Start yoga early to build concentration and learning skills along with balance and coordination. Tot yoga will be a lot of fun and will add life long benefits for the future! Location: Starbird Rm1.

No class: 2/16, 3/31

Instructor: Blackwell

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.301	W	1/21-2/25	9am-12pm	3-5	6	SB
294.3.351	W	3/3-4/14	9am-12pm	3-5	6	SB

Parent & Tot Yoga \$56

Come and have fun with Mommy at yoga class learning fun animal poses, teaching and building concentration and learning skills along with balance and coordination. Tot yoga will be a lot of fun plus will add life long benefits for the future!

Instructor: Blackwell

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.302	T	1/27-3/9	9-9:45am	3-5	6	SB
294.3.303	T	1/27-3/9	10-10:45am	3-5	6	SB
294.3.352	T	3/16-4/27	9-9:45am	3-5	6	SB
294.3.353	T	3/16-4/27	10-10:45am	3-5	6	SB

Acro-Gym and Circus \$56

A fun and entertaining class of basic floor gymnastics and circus arts. Students will have a blast using scarves, spinning plates, ball walking, ball juggling and building group pyramids. They will also learn various basic floor gymnastic moves. Location: Moreland-West Rm3.

No class: 3/31

Instructor: Ballard

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.505	T	1/20-3/9	3:30-4:30pm	5-8	6	MW
294.3.506	T	1/20-3/9	4:30-5:30pm	9-12	6	MW
294.3.507	W	1/21-3/10	3:30-4:30pm	5-8	6	MW
294.3.508	W	1/21-3/10	4:30-5:30pm	9-12	6	MW
294.3.555	T	3/9-4/13	3:30-4:30pm	5-8	6	MW
294.3.556	T	3/9-4/13	4:30-5:30pm	9-12	6	MW
294.3.557	W	3/10-4/21	3:30-4:30pm	5-8	6	MW
294.3.558	W	3/10-4/21	4:30-5:30pm	9-12	6	MW



SPORTS & FITNESS**Badminton \$48**

Learn the fastest racquet sport! Basic fundamentals, techniques and skills of Badminton for all ages starting at age 6. Classes will be for beginners, intermediate and advanced students. Participants should wear proper attire: t-shirt, shorts, or warm-up pants and appropriate court shoes. Participants must bring their own badminton racquet, new birdies and a full water bottle to each class. Location: Moreland-West Rm1.

No Class: 3/27

Instructor: Cai

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.511	Sa	1/24-3/13	3-4pm	6-10	6	MW
294.3.512	Sa	1/24-3/13	4-5pm	11-18	6	MW
294.3.513	Sa	1/24-3/13	5-6pm	12-17	6	MW
294.3.561	Sa	3/20-5/1	3-4pm	6-10	6	MW
294.3.562	Sa	3/20-5/1	4-5pm	11-18	6	MW
294.3.563	Sa	3/20-5/1	5-6pm	12-17	6	MW

Bodyfit Step and Resistance Training \$70

An energizing, high-intensity cardio workout, which will dramatically improve your strength and stamina. We will use aerobic steps for the cardio component of the class and then athletic benches for the resistance training. We will also make use of free weights and flextubes in our resistance training. This program is the perfect compliment to the BodyFit Total Fitness Program, providing you with the benefits of an outstanding cross-training and stamina building activity. Location: Moreland-West Rm2

Instructor: Gordon

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.701	F	1/23-3/5	9:30-10:45am	16+	7	MW
294.3.751	F	3/19-4/30	9:30-10:45am	16+	7	MW

Bodyfit Total Fitness Aerobics \$75

An innovative cardiovascular, muscular strengthening and flexibility exercise program for healthy adults. The program is structured to increase in intensity as student's physical abilities grow. In addition to challenging aerobic exercise, it will provide muscle strengthening and flexibility exercises to help students build healthy stronger bones, muscles, improve joint strength and range of motion. Wear supportive aerobic or crosstraining shoes. Bring a set of weights and full bottle of water to class. Location: Moreland-West Rm2.

Instructor: Gordon

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.702	F	1/20-2/26	9:30-10:45am	16+	12	MW
294.3.752	F	3/9-4/15	9:30-10:45am	16+	12	MW

Family Acro-Gym and Circus \$56

A beginning / intermediate tumbling and acrobatics class for the family. Students will have a blast using scarves, spinning plates, ball walking, ball juggling and other basic circus arts. Children 12 and under must register with a parent. Location: Moreland-West Rm1.

Instructor: Ballard

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.509	T	1/20-2/24	6-7pm	5+	8	MW
294.3.559	T	3/9-4/13	6-7pm	5+	8	MW

Munchkin Floor Gymnastics \$56

Does your preschooler love to tumble and roll? Beginning floor gymnastics is just the class for them. They will learn beginning basic floor gymnastics skills through movement and balance using a variety of class props and equipment. Location: Moreland-West Rm3.

No class: 3/31

Instructor: Ballard

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.501	T	1/20-2/24	2:30-3:15pm	3-5	6	MW
294.3.502	W	1/21-2/25	2:30-3:15pm	3-5	6	MW
294.3.503	F	1/23-2/27	9:30-10:45am	3-5	6	MW
294.3.504	F	1/23-2/27	10-10:45am	3-5	6	MW
294.3.551	T	3/9-4/13	2:30-3:15pm	3-5	6	MW
294.3.552	W	3/10-4/21	2:30-3:15pm	3-5	6	MW
294.3.553	F	3/12-4/16	9:30-10:45am	3-5	6	MW
294.3.554	F	3/12-4/16	10-10:45am	3-5	6	MW

Kinder Gymnastics \$48

Designed to teach basic gymnastic skills, including movement exploration, balance and coordination. Parents may attend a 10 minute overview at the first class meeting and a performance at the last class meeting only. Location: Starbird Rm1

Instructor: TBA

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.509	T	1/20-3/9	9:15-10:10am	3-5	8	SB

**Join Councilmember Linda J. LeZotte
for a Community-Wide Summit**

Mark your calendars!
February 7, 2004 • 9 a.m. -11 a.m.
Moreland West Community Center

For more information call: 408-277-5438

FREE!! COMPOSTING CLASSES

It's your turn to compost. Join us February 21, March 13, April 17, May 8 or June 12 to learn the basics of backyard and worm composting in a fun and informative classroom experience. Be a better recycler, environmentalist and gardener. No physical effort or prior composting experience required to enroll. The Home Composting Education program for Santa Clara County in coordination with the City of San José is sponsoring a series of Composting Basics workshops that are free of charge to all interested adults.

Certificated Master Composter volunteers conduct the classes. Workshops are Saturday mornings, 10am-noon and low-cost compost bins are sold to San Jose residents at the conclusion of each session. Evening classes are also available Wednesday, February 8 and May 5, 6-8PM. Pre-registration is required. Choose one date and call 408-918-4640 or email: compost@pln.co.scl.ca.us for class location and to enroll. For more information on composting classes see www.ReduceWaste.org



SPORTS & FITNESS

Tennis

Introduction to basic strokes, including forehand, backhand, overhead serve, lob, volley as well as racquet size purchase guidelines, court etiquette and score keeping. Doubles and singles strategies will be taught. Wear court sneakers. Students provide their own racquet and one unopened can of tennis balls.

Tennis – Hour Classes

\$56

Location: Murdock Court

No class: 2/16

Instructor: Cai

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.517	Sa	1/24-2/28	9-10am	5-7	6	MRC
294.3.518	Sa	1/24-2/28	10-11am	8-12	6	MRC
294.3.519	Sa	1/24-2/28	11am-12pm	12-16	6	MRC

Location: Calabazas Courts

No class: 2/16

Instructor: Bartholomew

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.520	M	1/26-3/8	4-5pm	8-10	6	CBC
294.3.521	M	1/26-3/8	5-6pm	10-16	6	CBC
294.3.522	W	1/21-2/25	2:30-3:30pm	8-10	6	CBC
294.3.523	W	1/21-2/25	3:30-4:30pm	10-16	6	CBC
294.3.524	F	1/23-2/27	10-11pm	18+	6	CBC
294.3.525	F	1/23-2/27	11am-12pm	18+	6	CBC

Location: Murdock Courts

No class: 2/16

Instructor: Bartholomew

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.526	T/Th	1/20-2/5	4-5pm	8-10	6	MRC
294.3.527	T/Th	1/20-2/5	5-6pm	10-16	6	MRC

Tennis – Half-hour Classes

\$38

Location: Murdock

No class: 2/16

Instructor: Bartholomew

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.528	M	1/26-3/8	3:30-4pm	5-7	6	MRC
294.3.529	W	1/21-2/25	1-1:30pm	5-7	6	CBC
294.3.530	T/Th	1/20-2/5	3:30-4pm	5-7	6	MRC

Tennis – Half-hour Classes

\$38

Location: Blackford High School, Murdock Courts

No class: 2/16

Instructor: Lovell

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.531	Sa	1/24-2/28	9-9:30am	5-6	6	BFC
294.3.532	Sa	1/24-2/28	9:30-10:30am	7-9	6	BFC
294.3.533	M/W	1/26-2/11	7-7:30pm	7-9	6	MRC
294.3.534	M/W	1/26-2/11	6:30-7pm	5-6	6	MRC
294.3.535	M/W	1/26-2/11	7-7:30pm	7-9	6	MRC
294.3.536	M/W	1/26-2/11	6:30-7pm	5-6	6	MRC
294.3.537	M/W	1/26-2/11	7-7:30pm	7-9	6	MRC
294.3.538	M/W	2/23-3/10	6:30-7pm	5-6	6	MRC
294.3.539	M/W	2/23-3/10	7-7:30pm	7-9	6	MRC

Tennis - Hour classes

\$56

Instructor: Lovell

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.541	Sa (Int)	1/24-2/28	10:30-11:30am	7-9	6	BFC
294.3.542	Sa. (Int)	1/24-2/28	11:30am-12:30pm	10-14	6	BFC
294.3.543	Sa	1/24-2/28	12:30-1:30pm	10-14	6	BFC
294.3.544	M/W	1/26-2/11	3:30-4:30pm	5-6	6	MRC
294.3.545	M/W (Int)	1/26-2/11	7:30-8:30pm	10-15	6	MRC
294.3.546	M/W	1/26-2/11	5:30-6:30pm	12-15	6	MRC
294.3.547	M/W (Int)	2/23-3/10	7:30-8:30pm	10-15	6	MRC
294.3.548	M/W	2/23-3/10	5:30-6:30pm	12-15	6	MRC

Tennis Lessons - Private

Moreland-West is now offering private tennis lessons. Registration will be made through Moreland-West Community Center. Lesson times will be set up between the instructor and the student. Times and space will be limited. You may select 1 lesson or a 3 lesson package. Students will have to bring proof of registration to the first lesson. Location may be scheduled at either Calabazas Courts or Murdock Courts.

One Private Tennis Lesson

\$65

Instructor: Bartholomew

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.540	-	Oct-Dec	By Appt	6-18+	1	TBA

Three Private Tennis Lessons

\$150

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.550	-	Oct-Dec	By Appt	6-18+	3	TBA

For additional Senior Programs and Services - Check the Cypress Senior Center on page 40-41 for programs and services for ages 50 and above.

Tai Chi

\$58

Introduction to Tai Chi, a series of gentle slow movements and breathing exercises will increase your flexibility and increase blood circulation within your body. Location: Moreland-West Rm2.

Instructor: Elie

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.721	Sa	1/24-3/13	8:30-9:30am	13-18+	6	MW
294.3.761	Sa	3/6-4/10	8:30-9:30am	13-18+	6	MW

Tai Chi/Qi Quong - Intro

\$58

Introduction to Tai Chi and Qi Quong; the vital power that flows through the universe and all things. In this class we will strive to awaken the feeling of Chi in our bodies through a series of gentle flowing movements that leave the body and mind relaxed, calm and energized. Location: Moreland-West Rm2.

Instructor: Tomasi

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.722	W	1/21-3/10	7-8pm	18+	8	MW
294.3.762	W	1/21-3/10	9:30-10:30am	18+	8	MW

Winter tennis classes may have weather cancellations, plan on classes being extended through March for make-ups.

SPORTS & FITNESS**Kung Fu - Martial Arts for Coed Youth \$65**

The goal of this class is to promote good health, build confidence, character, and remove the fear of confrontation. It will also enable you to overreach a higher mental and physical balance. Location: Moreland-West Rm2.

No class: 2/16

Instructor: Elie

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.511	Sa	1/24-2/28	9:30-10:30am	6-13	6	MW
294.3.512	Sa	1/24-2/28	10:30am-12pm	6-13	6	MW
294.3.591	Sa	3/6-4/10	9:30-10:30am	6-13	6	MW
294.3.592	Sa	3/6-4/10	10:30am-12pm	6-13	6	MW

Location: Starbird Rm1

Instructor: Elie

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.573	M	1/26-3/8	3:30-4:30pm	6-13	6	SB
294.3.574	M	1/26-3/8	4:30-5:30pm	6-13	6	SB
294.3.575	M	3/15-4/26	5:30-6:30pm	6-13	6	SB
294.3.593	M	3/15-4/26	3:30-4:30pm	6-13	6	SB
294.3.594	M	3/15-4/26	4:30-5:30pm	6-13	6	SB
294.3.595	M	3/15-4/26	5:30-6:30pm	6-13	6	SB

Kung Fu - Martial Arts for Coed Adults \$65

The goal of this class is to promote good health, build confidence, character, and remove the fear of confrontation. It will also enable you to achieve a higher mental and physical balance. Location: Moreland-West Rm2.

Instructor: Elie

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.736	Sa	1/24-2/28	10:30am-10pm	13-18+	6	MW
294.3.776	Sa	3/6-4/10	10:30am-12pm	13-18+	6	MW

Location: Starbird Rm1.

No class: 2/16

Instructor: Elie

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.737	M	1/26-3/8	7:15-8:45pm	18+	6	SB
294.3.777	M	1/26-3/8	7:15-8:45pm	18+	6	SB

Martial Arts \$84

The class teaches basic self defense moves: punching, kicking and striking. A terrific way to develop physical fitness and discipline. This class is a great activity for a parent and child or entire family to do together. Fee is per person enrolled with at least one parent and one child registered. You may enroll additional children in the Parent/Child class. Location: Starbird Rm1

Instructor: Martinez

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.741	W	1/21-3/24	4:30-5:30pm	6+	10	SB

...in sports as in every area of life,
the desire to excel is within everyone...

Sabre Fencing**\$88**

EN GARDE! Learn the fun of exciting sport of fencing! All fencing equipment provided (you purchase nothing!) The fencing program returns to Moreland, even better than before! These on-going new class sessions will introduce you to one of the oldest Olympic sports in the world. Whether you are parent or child, learn the fundamentals of sabre fencing, footwork, bladework, offensive and defensive maneuvers, and get a great athletic workout at the same time! all equipment is included in the class price – no additional fees! You need only bring: a water bottle, athletic clothing, non-skid athletic shoes... and the motivation to cross blades with your buddies (or your family)! father/son or mother/daughter sign-ups welcome. All instructors professionally trained and certified. Are you ready? FENCE! Location: Moreland-West Rm1.

Instructor: Carauddo

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.585	F	1/23-2/27	6-7pm	8-14	6	MW
294.3.586	F	1/23-2/27	7-8pm	15+	6	MW
294.3.587	Sa	1/24-2/28	6-7pm	8-14	6	MW
294.3.588	Sa	1/24-2/28	6-7pm	15+	6	MW
294.3.589	Sa	1/24-2/28	7-8pm	15+	6	MW

Self Defense for Women**\$84**

Women will learn self defense and safety awareness in a fun and safe environment. Classes will be tailored to each group according to physical, mental, and emotional ability and will teach both verbal and physical skills involved in self-defense. Emphasis will be placed on increasing awareness of potentially dangerous situations. Location: Starbird Rm1.

Instructor: Martinez

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.742	W	1/21-3/24	9:30-10:30am	18+	10	SB

Yoga for Breakfast**\$56**

Start your day out with Hatha yoga to invigorate your mind and body. When you leave class you will have the energy to accomplish anything through the day! Location: Moreland-West Rm1.

No class: 2/16

Instructor: Blackwell

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.723	M	1/25-3/8	9-10am	18+	6	CL
294.3.763	M	3/15-4/21	9-10am	18+	6	CL
294.3.724	T	1/27-3/2	9-10am	18+	6	ST
294.3.764	T	3/9-4/20	9-10am	18+	6	ST

Yoga**\$68**

Increase your strength, flexibility, inner balance and vitality by participating in this class designed to reconnect you to your true self. This class will focus on relieving tension in the back, neck, shoulders, and hips through breathing techniques and relaxation. Additionally, special attention will be paid to proper alignment to enhance energy flow and posture. Location: Moreland-West Rm2.

No class: 2/16

Instructor: Mazur

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.765	Th	1/22-3/11	6:30-8pm	18+	8	MW
294.3.766	M	1/25-3/8	9-10:30am	18+	8	MW

**SPECIALTY CLASSES****Appetizers \$38**

Appetizers are the modern style of casual entertaining. They represent tempting food made to be shared with friends, beautifully presented, but with the emphasis on simplicity and taste. Appetizers can be fun or formal, but should always be fabulous. Bruschetta, olive & jack cheese strudel, crab cakes, marinated and roasted vegetables, ceviche and a variety of tartlets are just a few recipes that you experience. Location: Moreland-West Rm 1

Instructor: Rizzo

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.635	Sa	3/6	9:30am-12:30pm	18+	1	MW

Brunch \$38

Brunch can be decadent and simple to put together. In this class we will be discussing ingredients that can be kept in your pantry or freezer to pull together some great meals. We will try a variety of dishes, most that can be made ahead of time. Various Crepes are a sample of a few items you will be making. Location: Moreland-West Rm 1

Instructor: Rizzo

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.631	Th	1/22	6-9:30pm	18+	1	MW

Desserts \$35

Fabulous cheesecakes and other decadent desserts can be made ahead of time for easy entertaining. You will learn the simple and proper way to create perfect-anytime cheesecake, and crem brulee. With guidance, you will never again have problems producing this sinfully rich dessert. You'll learn decorating techniques, as well as ideas for storing and serving these elegant finales. Location: Moreland-West Rm 1

Instructor: Rizzo

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.632	Sa	2/7	9:30am-12:30pm	18+	1	MW

Dog Obedience \$56

Introduce your four-month or older dog to the basics of dog obedience. Obedience training builds clear channel of communication between the dog owner and the pet. It is the tool used to teach house manners and socially acceptable behaviors to our dogs. Basic skills of sit, down, come, stay and heel. Dogs must have no history of aggression. First class is with out your pet, proof of vaccination is required. List your dog's name, breed, sex and age on the registration form. Please wait to purchase training equipment until after the first class. Location: Moreland-West Rm1.

No class: 2/16

Instructor: Kuo

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.608	M	1/26-3/8	6:30-9pm	8+	6	MW

Fun With Fondue \$38

With fondue as the centerpiece of your party, you can achieve maximum results with minimum effort. You will learn about the different fondue essentials such as various types of pots and differences among broth, oil, cheese and dessert fondues. Come try a variety of meat, fish, vegetable & dessert fondues so you will be able to have your own fondue party and WOW your friends. Location: Moreland-West Rm 1

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.633	Sa	2/28	9:30am-12:30pm	18+	1	MW

Gourmet Pasta Sauces \$35

Pasta with red sauce is a beautiful thing. But sometimes you just want more than a red sauce. Come try your skills and enjoy creating different pasta sauces. Some of these sauces you will prepare are prawn pesto, clam sauce, mushroom ragout, and spinach with goat cheese. Location: Moreland-West Rm 1

Instructor: Rizzo

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.634	Th	2/19	6-9pm	18+	1	MW

Handmade Greetings - Rubberstamping \$68

Learn to make memorable keepsakes for the holidays and special occasions. We will use rubberstamps and embellishments to make a special greeting. A particular holiday/celebration theme will be focused in each workshop. Themes are: General Birthday, Mother and Father's Day, Congratulations, Thank you, New Baby, and Anniversary and Weddings. Material fee per each class is \$5.00 paid to the instructor. Children 13+ welcome to register if accompanied by a participating parent. Location: Calabazas Park Facility

No class: 2/14-2/28

Instructor: Kuo

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.605	Sa	2/7-3/27	9:30-11am	18+	6	CB

Italian Beginning Grammar \$80

A class designed to gain basic knowledge of the Italian language. This is an excellent opportunity to learn the foundation of the language in a fast and easy way preparing you for Italian travel and conversation. Please bring a pencil and notebook to each class. Materials fee of \$5.00 payable to instructor at the first class.

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.638	Th	1/29-3/28	7-9pm	18+	6	MW

Juguemos en Español \$105

A Spanish immersion program for children between the ages of 2 and 7 years old with lots of interaction and play creating a fun and effective way of learning a second language. Each session will follow various themes of La Casa (the house), transportation, shapes, numbers, alphabet, and more...these will make every class an unforgettable Spanish adventure!

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.636	T	1/27-3/2	10-10:50am	3-7	6	MW
294.3.637	T	3/16-4/20	11-11:50am	3-7	6	MW

Check with Moreland-West in regards to the late breaking news of a French Immersion class. Contact Mary Horani at 408-871-3820.

Kite Building \$56

Do you like building and designing things? This class will engage and challenge your creativity, mind and hands. You will build and fly kites under the supervision of an expert in the field of aerodynamics. Location: Moreland-West Rm1.

No class: 2/16

Instructor: Ramirez

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.648	M	1/26-3/8	6:30-7:30pm	10-17	6	MW
294.3.688	M	3/15-4/19	6:30-7:30pm	10-17	6	MW

SPECIALTY CLASSES**Light Flight Model-Airplane Building \$58**

Do you like building and designing things? This class will engage and challenge your mind and hands. You will build and fly free flight model airplanes under the supervision of experts in the field of aerodynamics. There is a \$25 class supply fee payable with registration. Location: Moreland-West Rm1.

No class: 2/16

Instructor: Young

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.647	M	1/26-3/22	3:30-6pm	10-17	8	MW

Math Challenge \$60

Students will compete as individuals and as team members in many fun and challenging math games. Games are intended to demonstrate that math can be enjoyable, meaningful, exciting and fun! Solutions to problem solving techniques will be discussed. Most games will be group orientated and team work emphasized. Depending on class math problems, we will cover pre-algebra, number theory, algebra I, algebra II, geometry and/or SAT I math type questions. Students will be grouped by ability, which will be determined by diagnostic test. Location: Moreland-West Rm1.

No class: 3/31

Instructor: Yang

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.621	W	2/28-3/3	7-8pm	10-17	6	MW
294.3.661	W	3/10-4/21	8:15-9:15pm	10-17	6	MW

Power Layouts for Memory Books \$35

This concept will revolutionize your album making. If you are way behind on your albums or if you have little time and want to make BIG progress on your albums, this workshop is for you. In four hours you will learn a new method to layout and crop 30 pages and be ready to place them in your album. Everything will be organized in one box and ready for final assembly (adhering). Bring 30 pages worth of photos and memorabilia which goes along with the pictures, any cropping tools you own, Shortcuts/photo mounting paper and stickers/diecuts you would like to use in your album. Extra stickers and papers will be made available. Supply fee \$7.00. Exceptions to prerequisite with instructor's approval. Prerequisites: Just for Memories: Week1Workshop. Location: Moreland-West Rm 1

Instructor: Roy-Negoi

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.604	Sa	2/21	2-5:30pm	18+	1	MW

Wacky Wednesdays: A Bit of Art, Dance & Gym \$130

Need somewhere for your kids to go on those short school days? Try Wacky Wednesdays! What better way for your child to have fun and socialize with other children their age? Kids will be grouped by age and rotated on the hour to have fun in Circus Arts-Acro gym, explore creative art and move in dance. Location: Moreland-West Rm 1,2,3

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.622	W	1/21-2/25	12:30-3:30pm	5-14	6	MW
294.3.662	W	3/3-4/7	12:30-3:30pm	5-14	6	MW

Scrapbooking**\$15/\$80**

Ready to learn, refresh or expand your skills in scrapbooking, to unleash your creative spirit? From introductory concepts to advanced skills, each workshop will progressively help you develop your own style, inspire and empower you to reach your goals of getting your precious photos organized and documented into safe scrapbook albums. Each workshop will have an area of focus as listed below. You will be able to do hands on exercises with new techniques as well as continue working on your existing projects with the instructor's assistance. Supply fee of \$5.00 per week, \$30.00 for the session. Week1: Introduction to Scrapbooking; Week 2: Layout, matting and color scheme; Week3: Journaling and Memorabilia; Week 4: Borders and Corners; Week5: Baby Pages; Week 6: Heritage Pages. \$15.00 per week or package rate of \$80.00 for all six. Location: Moreland-West Rm 1

Instructor: Roy-Negoi

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.601	Th	*	7-9pm	18+	1	MW
294.3.602	Th	1/22-2/26	7-9pm	18+	6	MW

*Date of your choice.

MUSIC/THEATER ARTS**ACT ONE!****\$85**

Take an imaginary journey filled with fun and fantasy! Designed for children of varied abilities, this spectacular drama camp uses improv, dance and creative movement, theatre games, costuming and props to take children on adventures they won't soon forget! From fairy tale castles to safari scenes, budding young artists explore creative drama through various forms of performing and visual arts. At the end of the course, children shine as they put their talents on display in a fun variety show! Location: Calabazas Rm1.

Instructor: CLAP

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.435	T	1/23-3/12	3:30-4:30pm	5-7	8	CL

Center Stage**\$85**

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.436	T	1/27-3/12	4:30-5:30pm	8-11	8	CL

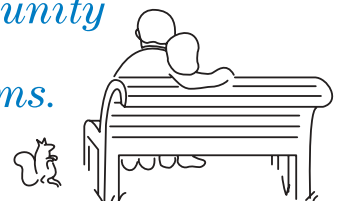
Hello Hollywood**\$74**

This hands-on, fun workshop is similar to Drew Carey's TV show "Whose Line Is It Anyway?" Guaranteed to be theatrically educational, interactive, entertaining, funny, experimental and creatively challenging. No scripts and no homework! Learn to improvise and think fast on your feet! Location: Calabazas.

Instructor: Lee

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.437	F	1/23-3/12	6:30-9pm	8+	8	CL

*We create community
through People,
Parks & Programs.*





MUSIC/THEATER ARTS

Piano Keyboard - Level 1 \$67

A class in basic piano skills and music reading. Principles of rhythm, melody, harmony and ear training are taught with the aid of tonally accurate portable keyboards provided by the instructor. Participants will enjoy this individual approach. Access to a piano or keyboard is recommended. A \$7.50 music book fee payable to the instructor, will be collected at the first class. Students must bring their own set of headphones. Location: Moreland-West Rm 1,2,3

No class: 2/16

Instructor: Noteworthy Music

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.401	M	1/26-3/22	3:15-4pm	7-10	8	SB
294.3.402	M	1/26-3/22	4:55-5:40pm	6-8	8	SB
294.3.403	Sa	1/26-3/22	9-9:45am	7-10	8	CL
294.3.404	Sa	1/26-3/22	10-10:45am	6-8	8	SB
294.3.405	W	1/26-3/22	1:15-2pm	7-10	8	MW
294.3.406	W	1/26-3/22	2:15-3pm	6-8	8	MW
294.3.407	W	1/26-3/22	3:15-4pm	7-10	8	MW
294.3.408	W	1/26-3/22	4:15-5pm	6-8	8	MW

Piano Keyboard - Level 2 \$67

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.409	M	1/26-3/22	4:05-4:50pm	6-12	8	SB
294.3.410	Sa	1/26-3/22	11-11:45am	6-12	8	CL
294.3.411	W	1/26-3/22	4:05-4:50pm	6-12	8	MW
294.3.412	M	1/26-3/22	5:05-6:50pm	6-12	8	SB

Piano Keyboard - Level 2 & 3 \$67

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.413	M	1/26-3/22	5:45-6:30pm	6-13	8	SB
294.3.414	Sa	1/26-3/22	12-12:45pm	6-13	8	SB

SPECIAL EVENTS

West San José Spring Fling & Eggstravaganza!

Saturday, April 3, 2004

10am-1pm

COMMUNITY NIGHTS

**In the Moreland-West Gymnasium.
Pick up monthly Drop in schedule at
Moreland-West San José Community Center**

Drop in Badminton

Saturday Evening

Session I - 6:30-8:00pm • Session II - 8:30-10pm

Fee: \$3.00 per session

Drop in Flight

Session I - 6:30-9pm

Fee: \$3.00 per session

SPORTS LEAGUES

Basketball \$43

A noncompetitive Basketball League with an emphasis on instruction and fun. No scores or standings will be kept. Our leagues adhere to the mission and vision of the Positive Coaching Alliance. Game times will vary week to week. Game schedules will be passed out at the first practice. Volunteer Coaches Needed! If interested in being a volunteer coach please indicate on the registration form and include your shirt size. A big part of the sports league's success is having volunteers to coach the teams! Location: Moreland-West Gym.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.956	Sa	10/4-11/22	9:30-10:30am	5-6	8	MW
294.3.978	Sa	10/4-11/22	10:45-11:45am	7-8	8	MW
294.3.912	Sa	10/4-11/22	12-1pm	9-12	8	MW

Winter Day Camp \$60

This program consists of five (5) days of boys and girls ages 6-11 years old. Campers will enjoy a structured program consisting of arts & crafts, sports, games, board games and a mini field trip for a nominal fee. Each child needs to bring their own bag lunch every day. All individuals registering for camp must have reached the minimum age specified on or before the first day of the camp. This is not a licensed childcare program. Space is limited to the first 50 children! **Winter Day Camp offers extended hours for Extended Care. Location: Rainbow Park.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.926	M-F	2/16-2/20	8:30am-3pm	6-11	5	RB

Winter Day Camp – Extended Care \$35

Extended care is available from 3-5:00p.m. for Winter Day Camp participants only. Location: Rainbow Park.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.3.927	M-F	2/16-2/20	3-5pm	6-11	5	RB

Positive Coaching Alliance

The Department of Parks, Recreation, and Neighborhood Services is a member of the Positive Coaching Alliance where "honoring the game" is more than just words. Our elementary sports programs have always been "funpetitive" where scores are not kept and ranking of teams is not done. We have now taken the philosophy of recreational enjoyment to new levels where coaches, parents, and children are taught even more about good sportsmanship, praising children, and being positive in all aspects of the game.

Friday Night Open Gym for Youth

The Moreland-West San José Community Center offers a free open gym program for youth. Come join friends (and make new ones) for fun games on Friday nights. Activities can include basketball, board games, and a social area. Location: Moreland -West Gym. Middle School/High School students welcome (school I.D. required)

SAN JOSE AFTER SCHOOL

Moreland Area

San José After School is a partnership by the City of San José, with school districts, community-based organizations, teachers and parents to provide safe, fun and enriching activities for youth after school.

After school programs promote healthy youth development and student learning. This includes homework centers and tutoring, recreation, arts, and enrichment activities, and technology centers. Youth will enjoy safe, fun, and enriching activities at sites located throughout San José.

There are wonderful after school programs in your area. For more information about schools, libraries, and centers offering after school programs, please contact 408-871-3820.

Types of Programs

Level 1: Homework Assistance. Level one sites offer after school homework help at many locations in San José.

Level 2: Safe and Accessible After School Programs. Level two sites will offer integrated recreation and literacy and math enrichment programs.

Level 3: Integrated and Comprehensive approach after school programs. Level three sites integrate literacy, leadership, education, nutrition, cultural arts and recreation activities.

Sites	Level of Program	Time
Baker Elementary School	Level 2, Safe and Accessible	2:30-5:00pm
Boynnton High School	Level 1, Homework Assistance	*
Calabazas Branch Library	Level 1, Homework Assistance	*
Castro Middle School	Level 1, Homework Assistance	*
Country Lane School	Level 1, Homework Assistance	*
De Vargas Elementary School	Level 1, Homework Assistance	*
Dilworth Elementary School	Level 1, Homework Assistance	*
Easterbrook Elementary School	Level 1, Homework Assistance	*
Forest Hill Elementary School	Level 1, Homework Assistance	*
Joaquin Miller Middle School	Level 1, Homework Assistance	*
John Muir Elementary School	Level 1, Homework Assistance	*
Latimer Elementary School	Level 2, Homework Assistance	2:30-5:30pm
Lynbrook High School	Level 1, Homework Assistance	*
Meyerholz Elementary School	Level 1, Homework Assistance	*
Prospect High School	Level 1, Homework Assistance	*
Rogers Middle School	Level 1, Homework Assistance	*
Rolling Hills Middle School	Level 1, Homework Assistance	*
Villa Garcia Apartments	Level 1, Homework Assistance	*
Westmont High School	Level 1, Homework Assistance	*

* Homework Assistance offered at individual sites immediately following the end of the school day (approximately 2:30-3:30pm).